

SOUTHWEST

COMMUNITY CENTER



Spring 2006

Program dates

March 27 - June 18, 2006

Program registration

Registration begins March 13, 2005

Classes begin

Week of April 10 (unless otherwise noted)

Holiday Closures

Monday, May 29, Memorial Day

2801 SW Thistle Street • Seattle, WA 98126 206-684-7438 Fax: 206-233-7295 • Visit us on the web: www.seattle.gov/parks!

Southwest Community Center

2801 SW Thistle Street

Seattle, WA 98126

Phone: 206-684-7438 Fax 206-233-7295 Visit us online at www.seattle.gov/parks!

Hours of operation

Monday and Wednesday 10 a.m. to 9 p.m. Tuesday, Thursday, and Friday 1 to 9 p.m. Saturday (Sept. 10 - Dec. 30) 10 a.m. to 5 p.m.

Sunday Closed

Late Night Hours of operation

Fridays and Saturdays 7 p.m. to Midnight

Program dates

March 27 to June 18, 2006

Holiday closures

Monday, May 29, Memorial Day

Program registration

Registration begins March 13, 2006.

Some classes are on-going and have different registration dates.

Professional Staff

Ken Bounds, Superintendent

B. J. Brooks, Deputy Superintendent

Christopher Williams, Operations Director

Katie Gray, South Recreation Manager

Naseri Kitiona, Jr., Center Coordinator

Rachel Wander, Assistant Center Coordinator

Dorothy Talamaivao, Teen Development Leader

Khadijah Hamadi, School-Age Child Care Director

Semere Melake, Recreation Leader

Bryan Hayes, Recreation Program Specialist

Rosalia Martinez, Recreation Attendant

Richard Lemier, Building Maintenance

Mary Dalzell, Senior Adult Specialist

And a variety of other wonderful staff and volunteers!

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to Southwest Advisory Council. Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Volunteers Needed!

Your friendly neighborhood community center, Southwest, needs your help if we want to have some great and exciting events this Spring. If you are interested, please contact us at #684-7438. This is a great opportunity for High School students to get their required community service hours as well.

Special Events

Spring Clean 2006

Seattle parks and Recreation is partnering with Seattle Public Utilities and Adopt-A-Street to host Spring Clean. Join neighbors, businesses and community groups to keep Seattle beautiful! We can provide you the support you needd to become a neighborhood steward. Create your own project or join a group to:

- Pick up litter
- Paint out graffiti
- > Improve habitat areas
- Clean up open spaces
- Remove invasive plants
- Improve city streets and parks
- Protect water & fish by stenciling storm drains Call 206-233-7187 or #206-684-7438 for more info.

Spring Egg Hunt





It's time again to fill up your baskets with candy and goodies at Southwest Community Center's annual Spring Candy & Egg Hunt. This event is for youth ages 1-12 and there will be separate hunting areas and times

for different age groups. Please bring a basket to gather your goodies and remember, this is an outdoor event, so dress according to the weather.

After the Egg Hunt, join us for a scrumptious Pancake Breakfast and let your child have fun and enter the Spring Coloring Contest.

Age: 1 to 12 years old with guardian

Sat, Apr 15 10 – 11 a.m.

Pancke Breakfast

Fire up the grill and come enjoy the warm company of

friends, family and neighbors as you enjoy an all you can eat spread. Menu includes pancakes, scrambled eggs, sausage, juice and coffee. Feast before, or after, your children join the Spring Egg Hunt.



This is no ordinary event! This is Southwest Community Center's biggest fundraiser of the year. All proceeds help support our youth and teen programs.

Age: All Ages

Sat, Apr 15 9 a.m. – Noon

Fees: \$5/adult; \$2/youth (3-18); Free under 3

Spring Plant, Craft and Bake Sale

Come celebrate the beginning of Spring with Southwest Community Center & Pool's annual Plant, Craft & Bake sale. Support our local artisans and gardeners and find that special something for your loved one to commemorate Mother's Day. We'll have all kinds of fun with food, popcorn, a giant jump toy, and more. If you are interested in participating and reserving a table to sell your crafts, plants or baked goods, please contact us for more information: 206-684-7438

Age: All Ages

Sat, May 6

10 a.m. - 4 p.m.

Fabulous Family Fridays

Come enjoy a family-friendly evening with your children and/or grandchildren. On selected Fridays we will offer fun opportunities for the whole family, such as dances, game nights, bingo, movies and popcorn, and much, much more. For more info, please see page 4!

Age: Elementary-aged youth & families

At a glance:

April 21: B.I.N.G.O.

May 12: Mother's Day Dance

June 16: Father's Day Creations

Age: Elementary-aged youth & families

B.I.N.G.O.

Join us for a great night of family fun. Play Blackout, Border, 4 Corner and Straight Bingo. One card per player. Many fun surprises and prizes can be won!

Fri, Apr 21

6:30 - 8 p.m.

Fees: \$1 one card per person



Mother's Day Dance

Come dressed in your best as we dance the night away and celebrate Mother's Day with a party and dance the whole family will enjoy. Appetizers, snacks,

and drinks will be served

Fri, May 12

6:30 - 8:30 p.m.

Fees: \$2; \$5/family of 3 or more; Under 4 free

Father's Day Creations

Surprise your father, uncle, brother or friend, and create your own masterpiece to give as a Father's Day gift.



6:30 - 8 p.m.

Fees: \$1



Toddlers/Preschoolers

Toddler Hang-Time

\$1/child*

Parents and grandparents, get out of the house and out of the rain with your liittle ones and Hang-Out at Southwest CC's new Toddler Drop-In Play Room. Children will have a ball and you and your children get a chance to make new friends. Parents must supervise their children at all times!

Age: 5 and under

Mon/Wed 10 a.m. – 2 p.m. Mar 27 – Jun 14 Closed Mon, Apr 10, Wed, Apr 12, & Mon, May 29 *\$20 punch card for 25 visits also available!

Kinder Kare

\$180/mth

This popular pre-school class focuses on fun and exciting ways for children to interact with eachother. Activities include music, art, crafts, games, creative play, story-time, and an introduction to phonics. This is an excellent place to prepare your child for kindergarten. Morning snack is provided. Please bring lunch.

Instructor: TBA

Age: 3 to 5 years old and toilet-trained

Mon/Wed/Fri 10 a.m. - 2 p.m. Apr 3 - May 26

Youth Programs

Before and After School Program



The Southwest Community Center's Before & After School program offers child-friendly care that is easy for working parents of kindergarten-5th graders. There's so much to do and so little time — games, cooking, playing, reading, art,

crafts, sports, music, dance, computers, ball fields, playgrounds, special visitors, special interest groups, and field trips — WOW! This Southwest CC program is a fully-licensed DSHS site which provides for the highest quality time away from school or home. The staff members at Southwest CC strive to provide your children with opportunities for choice and selfdirection while encouraging each child's creativity and uniqueness.

Come join the Southwest staff, led by director Khadijah Hamadi, for an exciting 2005-2006 school year. We follow the Seattle Public School District schedule: Wed, September 7, 2005 – June 21, 2006. Program fees are spread evenly through the entire 10 months (178 days) of school. Half-days are included in program cost as well as non-school days for children enrolled full-time. There are additional fees for nonschool days when children are enrolled part-time. Week-long breaks are an additional cost for all children. Southwest CC is closed on all national holidays. Breakfast and snack are included.

Advance registration and payment required. Register now. Please indicate if you're registering for Before Care, After Care, or both. Payment is based on 5 days per week and there are no part-time or partial day options. \$10 discount per program/per month for second and third child. Scholarships are available for qualifying families.

Please request information from Southwest CC at 206-684-7438 or contact the Scholarship Office at 206-684-7481.

Early Dismissal Days: May 17, 2006 No Child Care: Memorial Day, May 29

Director: Khadijah Hamadi

Age: K to 5th Grade

Before School Program \$150/month

Mon - Fri 7 - 9 a.m.

After School Program \$230/month

Mon - Fri $3 - 6 p \cdot m$

2006-'07 School Year Registration

Registration for September 2006-June 2007 Before and After School Care begins May 15, 2006. Our limit is 52, so register early to reserve your children's spots in Southwest Community Center's AM & PM programs.



Summer Day Camp 2006

Summer Day Camp 2006

\$135/wk

Southwest Summer Camp is like no other! Camp kids are singing the praises of Summer Camp all over the Southside! Join an enthusiastic, experienced, passionate, and fun staff for an amazing summer of adventures, memories and experiences that are sure to give them something to write about on the first day of school when the teacher says, "What did you do this summer?"

Please bring a copy of your child's immunization records and be prepared to complete a packet of paperwork. You will be asked to provide medical information which includes the name, location, and phone number of your child's doctor, a medical insurance card, and any allergies

or other special conditions.

Registration begins April 4, 2006 from 1 to 9 p.m.

Space is limited to 52 children and is on a first-come, firstserved basis. \$25 non-refundable, non-transferable deposit per child per week due at registration. Payment is required to reserve your child's spot for the week. There is no parttime or drop-in care. Participants must sign up for an entire week. \$25 deposit will be applied to the camp fee.

Scholarships are available for qualified participants. Please see front desk staff for more information.

Monday - Friday

7 a.m. - 6 p.m.

Summer Day Camp 2006...10 Great Weeks...10 Great Themes!

Creation Station!

_Jun 26 - 30

Wheelin' & Dealin'

Creativity is endless this week as campers are offered a variety of artistic media to express themselves with. Explore techniques such as marbleized paper, candle making, woodworking, and recyclable art and take-apart creations!

Entrepreneur!

Want to run your own business or try your hand at bartering? This is your week! Staff and campers have many ideas including a lemonade stand and a bake sale. Join us for an all-time camp favorite: "Market" (campers create their own items and trade and barter with others for theirs). Bring your ideas and your ambition and join us for a week of Apprenticestyle fun! *Please note: no camp Tue, Jul 4. Pro-rated fee: \$108.

Jul 10 - 14 Green Thumb!

Campers engage in a variety of hands-on activities including environment and gardening! Some planned projects are garden stepping stone creations, mosaic pot creations, and individualized bird baths. At our visit to Camp Long, campers can hike, play a game in the field, explore the pond, or climb "Big Foot" Rock! Grab your shovels and some gardening gloves and we'll see you there!

Magical Maybem! Jul 17 - 21

Imagination, fantasy, and role playing! Camp staff guide you through a week of theatrical games, prop making, costume design, and acting, culminating in a campwide theatrical performance that parents are welcome to attend. Come as a fairy one day, a superhero the next, your favorite music diva or sports star. All dreams and dress up welcome this week!

Jul 24 - 28

Mad Scientist! Aug 14 - 18

Strolling, rolling, wheeling and scooting. A day set aside for all campers's to bring in their blades, skates, boards or bikes as we set up our own rollerfest. Highlights for

the week include Blast to the Past Day where campers can throw on their Tie Dye, come for crazy hair and head out to our favorite roller rink for an afternoon of skating to our favorite tunes.



Bubble! Bubble! Come on in for an undersea adventure. We'll make our own sushi, visit the Seattle Aquarium, and swim like the fishes in the Puget Sound in honor of our fish-tastic friends. Highlighted event this week is a ferry boat ride! Make sure to bring a loaf of bread and some old shoes for some beach combing on the other side of the ferry ride!

Let's Get Physical!

Aug 7 - 11

Get those muscles moving and brain ticking. Group games (new & old), traditional sports (football, soccer & baseball), inner mixed with some old picnic favorites like

Tug O'War and a three-legged race. There is something for everyone! Highlight of the week is a camp-wide "Olympics"! Bring your energy & your sportsmanship and will see you on the field!



is for you! This week is gonna get messy as the staff challenge your creativity and get your juices flowing with an array of cool hands-on science activities that will sure to have you pondering the what & why of how things work. Back by popular demand this week is the ever famous Egg Drop! Let's just say it involves a raw egg, a big building, and a lot of recyclable products. Bring your play clothes, it's gonna get messy!

Calling all future Einsteins — this week

Roughing It! Aug 21 - 25

Grab your backpack and hiking boots and start the week by testing your physical endurance on the Melakwa Lake Trail near Pratt Lake. After a short hike campers will be treated to a natural swimming hole with slides and cool mountain water. It wouldn't be a week of "Roughing it!" if there wasn't some berry picking and homemade jam making involved. Southwest Fear Factor is back...come for whatever challenges the staff may have awaiting you!

Splish! Splash! Aug 28 - Sep 1

Grab your rubber ducky and your favorite pair of flip flops. Campers are headed out each day for some swimming, beach combing, and sand castle building at some of our favorite swim spots. Some definite stops are the Henry Moses Aquatic Center (our very own mini wild waves) and Colman Pool (Experience a salt water pool near the sound). Included in the week's extravanga is Boat em Float ems, an activity where campers design their own water vessel and see if it sinks or floats.

Youth Programs

Girls' Softball

\$35

Are you ready to play some SOFTBALL? Bring yourself or bring a whole team and get your gloves out of the closet, for the youth softball league is here. We will teach you the game, help you improve your ball handling skills, gain confidence with your swing, and just have fun. The league is for 10-17 year old girls. Proof of age is required to play. Register now; practices begin mid-March. For more information, call 206-684-7438. Volunteer Coaches Needed!

Age: 10 to 17

Track and Field

\$35

Come enjoy the excitement and competition of Track and Field Sports. Events include: 50m, 100m, 200m, 400m, and 800m dashes, 1500m and 3000m runs, 4 x 100 relay, long jump, triple jump, softball throw, shot put, javelin (turbo). All participants must register at the community center PRIOR to participating in the track program. Registration must include child's birth certificate, youth sports registration form, Athletes For a Better World agreement, and payment of fee in full. Register now. Volunteer coaches needed!

Spring Break Camp

\$135

School-agers all over West Seattle are singing the praises of Southwest Community Center's Spring Break Camp! Join our multitalented and enthusiastic staff for tons of hands-on fun and exciting field trips. Some past activities include group games such as Soak'em and Danish Rounders; making homemade tortillas with salsa and sushi; as well as creating your own candles and garden stepping stones.

Space is limited and is on a first-come, first serve basis, so register early! Scholarships are available for eligible families. For more information, please call #684-7438 or contact the Scholarship Office #684-7481

Director: Khadijah Hamadi

Age: K to 5th Grade

Mon, Apr 10 – Fri, Apr 14 7 a.m. - 6 p.m.

All Ages

Denny Community Learning Center Free

Free evening programs open to all ages. All programs are at Denny CLC, 8402 30 Ave SW, CLC portable 504, between Denny Middle School and Southwest CC. Please call (206) 252-8987 to register.

Martial Arts Free

Fridays 5-7 p.m. Apr 10- Jun 9

Family Movie Night Fr

Every Friday evening in Denny Middle School's lunchroom. Most movies shown are new releases rated PG.

Fridays 5 – 7 p.m. Apr 10 – Jun 9

Upcoming CLC Programs

Age: Boys & Girls ages 5 to 17

- WASL BOOT CAMP for Middle and High School Students
- Family Math Nights
- Family Reading Nights
- Parent Empowerment Sessions
- Girls 101: a workshop for parents to build stronger relationships with their daughters

Karate

\$60/session

Build self-esteem, self-control, and self-defense techniques while you make new friends. Learn basic concepts and forms of Japanese Butokukan Karate. You will also be introduced to concepts from Kenpo, Kung-Fu, and Aikido.

Age: 8 and up

Instructor: Tyron Asphy

Session I

Tue/Thu 6:30 - 8:30 p.m. Apr 11 - May 18

Session II

Tue/Thu 6:30 - 8:30 p.m. May 23 - Jun 29

Computer Lab

Free

The lab will be closed Apr 10 & 12, and May 29. The lab will close at noon Apr 5 and May 3 & 17.



Adult Open Lab (Ages 18+)

Mon/Wed 10 a.m. - 2 p.m.

Teen Open Lab

Mon – Fri 2:30 - 8:30 p.m.

Southwest Teen Life Center

Teen Life Center

Free!

Want something to do when school gets out? Be a part of our NEW Teen Life Center. Play pool, ping-pong, watch TV, and play video games in our Game Room. Hang-out, relax, eat, and read in the Teen Lounge. Work on the computer, study, and do homework in our beautiful Computer Lab.

Mon – Fri

2:30 - 9 p.m.

Southwest Teen Council

Come and be heard! Help plan, develop and implement YOUR programs, projects and Special Events. Gain high school service-learning hours and develop valuable life skills. Join now by picking up an application from the Teen Life Center.

Attention All Students!

If you need to earn community service and service learning credits, Southwest Teen Life Center has opportunities for you to participate in environmental projects, community service, after school program, youth camp assistant, tutoring, Train the Trainer, and more.

Study and Activity Club

This club will focus on homework, reading and oncea-week educational field trips. Sign-up now!

Mon - Fri

2:15 - 4:15 p.m.

Computer Lab Time

Work on projects, school work, explore and investigate. Take advantage of our new state-of-the art computers.

Mon – Fri

2:30 - 8:30 p.m.

Teen Life Center Café

Please support the Teen Life Center Café. We have all the goodies — candy, hot dogs, pop, chips, juice, coffee, hot cocoa, hot apple cider — and lots more!

Mon - Fri

2:30 - 8:30 p.m.

Music Program

Explore and develop your musical skills and talents. Join "In the Mix" Music Program every Friday at the Southwest Teen Life Center.

Fridays

7 – 8:30 p.m.

Weekly Field Trips

Something for everyone!! Every week, either Wednesday, Thursday, or Friday, you are invited to join us on a fun-filled field trip. Some of our favorites are bowling, Laser Tag, museums, and Sonics games. We are always open to new ideas, so join the Southwest Teen Council to have your voice, and ideas, heard!

Late Night

Providing our teens with positive alternatives to alcohol, drugs, gangs, and other unsuitable activities are the goals of Late Night. These goals are accomplished through intercultural activities, sports, arts & culture, educational workshops, special events, and mentoring. The Late



Night Program is open to youth ages 13 to 19 who are interested in making positive changes in themselves and their community. Free activities include arts & crafts, basketball, volleyball, dances, cooking, video games, food, and the computer lab!

Fridays & Saturdays

7 - 11 p.m.

Special Events

The Southwest Teen Life Center hosts various Special Events throughout the year, such as dances, field trips, bowling etc. Call the TLC for updates and more details: 206-684-4115

Free Swim

Free

Join fellow swimmers for our once-a-month "Free Swim" at the Southwest Pool. *Please call to confirm dates.

Fri, Apr 14, May 19, Jun 16*

8 – 10:30 p.m.

Teen Dances

\$2

Come enjoy an evening of music, dance and magic. Organized and supervised by teens for teens. Please call the Teen Life Center for more information: 684-4115.

Sat, Apr 29, May 26, Jun 23

8 p.m. - Midnight

Teen Flashlight Hunt

Apr 14 - Apr 15

Memorial Day BBQ & 3-on-3 Tournament Sat, May 27

Youth Appreciation Week

Apr 7 - 14

Youth Appreciation Week is a week-long event to let our youth know that they are important, highly-appreciated members of our community. We strive to encourage the local community, businesses, schools, the media and others to say, "Thank You" to our youth, not only during this one week in April, but year-round. We believe that our teens are not only our future, but an integral part of the present. For more information and a calendar of events, contact the Teen Life Center: 206-684-4115

Need More Info About Teen Programs or Special Events?

Stop by the Southwest Teen Life Center or give us a call at 206-684-4115!

First Aid, Health, & Safety

American Red Cross Adult First Aid & CPR

\$54/class

This two-day course is a dynamic, efficient, and effective training for those who want to learn the basics of adult First Aid & CPR.

Students must pre-register to attend. To register: Call the American Red Cross Health and Safety Department during normal business hours at 206-726-3534 or register on-line at www.seattleredcross.org

In the First Aid component, participants will learn to:

- Check an unconscious victim
- Recognize an emergency and overcome the reluctance to act
- Minimize the effect of shock
- Treat sudden illnesses, including poisonings and heat and cold emergencies
- Perform first aid for cuts, scrapes, bruises, burns, bleeding and injuries to bones, joints, and muscles, such as sprains and strains
- Use the EMS system/9-1-1

In the CPR component, participants will learn to:

- Check an unconscious victim
- Recognize and emergency and overcome the reluctance to act
- Recognize and care for choking, breathing, and cardiac emergencies in victims who are 8 years old and older
- Prevent heart disease
- Use the EMS system/9-1-1

Mon, Apr 24/Wed, Apr 26 4:30 - 8:30 p.m. Mon, May 22/Wed, May 24 4:30 - 8:30 p.m. Mon, Jun 26/Wed, Jun 28 4:30 - 8:30 p.m.

Alki Bathhouse Art Program-Spring 2006

Spring classes begin April 17. Call Alki Community Center 684-7430 for information.

Painting and Drawing

Dancing with Color \$70/8 wks Adults 10 a.m. - Noon Thu: 4/20 - 6/8 Paint Your Heart Out \$89/5 wks Age 14+ Thu: 4/27 - 5/25 6 - 9 p.m.**Encaustic Painting** Adults \$85/6 wks Mon: 4/24 - 6/5 6:30 - 8:30 p.m. **Drawing for Adults** \$75/10wks Adults Sat: 4/15 - 6/17 12:30 - 2 p.m.**Beginning Charcoal Drawing** Adults \$129/8 wks Tue: 4/18 - 6/20 6 - 9 p.m.Extension of Drawing through Collage

Age 16+ \$75/5 wks
Mon: 5/15 - 6/19 6:30 - 8 p.m.
Mon: 5/15 - 6/19 10:30 - 12:30 p.m.
Artistic Diversions

Adults \$55/4 wks Mon: 4/17 - 5/8 6:30 – 8:00 p.m.

Kids' Art

Messy Time Basics
Ages 6 to 8 \$70/8 wks
Thu: 4/27 - 6/15 4:30 - 6 p.m.

Create Cool Stuff One Ages 9 to 11 \$70/8 wks Wed: 4/26 - 6/28 4:30 - 6 p.m. Create Cool Stuff Two Ages 12 to 14 \$70/8 wks Mon: 4/17 - 6/12 4:30 – 6 p.m. Sewing By Hand \$70/8 wks Ages 9 to 11 Tue: 4/25 - 6/13 4:30 - 6 p.m. **Bright Art Start** Ages 4 to 6 \$70/8 wks Fri: 4/21 - 5/19 1:30 - 2:30 pm. Parents & Tot Mixed Media \$70/5 wks Ages 3 to 5 Tue: 4/20 - 5/18 10 - 11 a.m. Things That Move \$30/3 wks Ages 4 to 6 Fri: 5/5 - 5/19 10:30 - 11:30 a.m. Urban Art for Youth Ages 9 to 12 \$15/1 day Saturday, May 6 10 a.m. - 12:30 p.m. Fashion for Youth \$25/1 day Ages 10 to 14 Saturday, April 29 10 a.m. - 1 p.m.Polaroid Image Transfer Ages 11 to 13 \$40/1 day

4:30 - 6 p.m.

Wednesday, May 3

Cartooning
Ages 8 to 12 \$55/10 wks
Tue: 4/18 - 6/20 5 - 6 p.m.
Drawing for Kids and Teens
Ages 10 to 14 \$55/10 wks
Tue: 4/18 - 6/20 6 - 7 p.m.

Pottery

Kids Pottery Ages 5 to 10 \$70/5 wks Mon: 4/17 - 5/15 4 - 5 p.m.Kids Pottery for the Home Schooled \$95/9 wks Ages 5 to 10 Mon: 4/17 - 6/19 2:30 - 3:30 p.m. **Advanced Kids Pottery** \$70/5 wks Ages 9 to 11 Tue: 4/18 - 5/16 4 - 5 p.m.**Beginning Hand Building** Age 18+ \$150/9 wks Mon: 4/17 - 6/19 6 - 8:30 p.m.**Beginning Wheel Throwing** \$120/5 wks Adults Wed: 4/19 - 5/17 6:30 - 8:30 p.m.**Intermediate Wheel Throwing** \$120/5 wks

Adults \$120/5 wks
Thu: 4/20 - 5/18 6:30 - 8:30 p.m.
Advanced Wheel Throwing

Adults \$120/5 wks Thu: 4/20 - 5/18 4 - 6 p.m.

Adult Programs

Adult Basketball Drop-In

\$2 drop-in

Need a Break? Want to get a little exercise? Join us for a dose of basketball fun on Monday & Thursday evenings or Wednesday afternoons.



Age: 18 and over

Wednesdays 10 a.m. – 2 p.m. Thursdays 6:30 – 8:45 p.m.

No open gym Thursday, April 13

Saturdays 10 a.m. – 1:30 p.m.



Adult Volleyball Drop-In

Mondays 6:30 – 8:45 p.m. Saturdays 2 – 4:30 p.m.

Fees: \$2 drop-in

Weekend Gym Rentals

Southwest Community Center's new state of the art gym is available for you to rent every Saturday and Sunday. Have a group of volleyball players? Is it too cold for you and your crew to play basketball outside? Is Pickleball your passion? Or Badminton? Then rent our gym for your private use. It's easy and affordable. Check out the back page of this brochure for more details.



Seattle Parks and Recreation is celebrating Earth Day (April 22) in many ways throughout April. Here are just some of the ways you can get involved:

- Join our Teen Earth Arts Camp in Leavenworth, April 7 – 9, 206-684-9270
- Camp Long Movie Night, Living With Wolves, April 27, 206-684-7434
- Care for Seattle's urban waterways as a Creek Steward or a one-time volunteer, 206-684-4163
- Organize a Spring Clean neighborhood cleanup event near your home or work, 206-684-0570

For information on other programs, please call Adam Cole at 206-733-9701, or visit the web at: www.seattle.gov/parks/Environment/earth.htm.

Join the Green Seattle Partnership and EarthCorps April 21 and 22 in the West Duwamish Greenbelt. To sign up, visit www.earthcorps.org. To learn other ways to participate, call Joanna Nelson, Cascade Land Conservancy Forest Steward Program Coordinator, at 206-233-5019 x117. Thank you!

Latin Dance Class

\$50/session

Passionate, energetic and delightfully flirtatious, Latin dancing is one of the most popular forms of dance n the world. We'll learn basic Merengue, Cumbia & Salsa moves and styling as we dance to a variety of spicy Latin music. No-pre-requisite. No partner necessary. Singles and couples welcome.

Age: Adult and interested teens

Instructor: Linda Townsend

Tuesdays 7:30 – 8:30 p.m.

Session I: Apr 11 – May 16 Session II: May 23 – Jun 27

Special Populations

Washington Adaptive Sports Jamboree 2006

Free

The Jamboree is geared towards youth and adults who have the ability to follow a sequence of instructions. *Please* **Note:** This program is not affiliated with Special Olympics, which is for youth/adults with developmental disabilities. Clinics/Workshops: Hands-on with paralympian gold medalists, world champions, and a variety of head coaches/professionals. Adaptive equipment will be provided. Examples of sports that will be offered: road racing, handcycling, track, amputee and power chair soccer, golf, martial arts, sailing, swimming, basketball, tennis, wheelchair mini tractor-pull and many more! Exhibitors: New and latest adaptive equipment; programs; individual /team information, etc. Interested in being an exhibitor? Contact Tori Fernau (206) 615-0702 or e-mail tori.fernau@seattle.gov. For information, mailing list, and sports participant registration, please contact Nick Bicknell: (206) 615-0617 or e-mail: nick.bicknell@seattle.gov

Sat, Apr 22

8 a.m. - 4 p.m.

Location: Southwest Community Center and Pool and Chief Sealth High School

Southend Social

Free

Seattle Parks & Recreation's Specialized Programs is hosting a weekly social with an exciting calendar of activities. Please call 206-684-4950 to register.

Age: 18 or older

Thursdays

6:30 - 8 p.m.

Mar 30 - Jun 1

More Information

For more information about programs for youth and adults with special needs, please call the Special Populations Office at 206-684-4950 or visit our web site: www.seattle.gov/parks/SpecialPops/index.htm

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Senior Adult Programs

Registration Information Classes/Special Events

Mary Dalzell, Recreation Specialist 935-2162

e-mail: mary.dalzell@seattle.gov

Program Dates: April 3 – June 16

No classes: Monday, May 29

Class Registrations begin now by calling 206-935-2162.

Please make checks payable to **Senior Adult Advisory Council** and mail to: Senior Programs, Attn: Mary - SW, 8061 Densmore Ave N, Seattle, WA 98103-4436

For more information, including citywide events, please visit our web site at www.seattle.gov/parks/Seniors/index. htm or call the Senior Adult Programming Office at 206-684-4951 and request a copy of our latest brochure.

Southwest Book Club

Free

The Seattle Public Library provides books free of charge to our group. We all read the same book and then discuss. Group meets 1 p.m. the third Thursday of each month at the High Point Library, 3411 SW Raymond St.

Body Conditioning \$20 - 1 day/wk*

Fitness for the whole body. Gain strength and greater flexibility with the use of dyna bands and weights. **Instructor: Mary Dalzell**

Tuesdays/Thursdays

10 - 11 a.m.

*\$40 - 2 days/wk

Pickleball \$2 drop-in (65+ \$1)

Indoor game that is a cross between tennis and paddle ball. A good cardio workout.

Tue/Thu Noon - 2 p.m.

Volleyball $$2 \operatorname{drop-in} (65 + $1)$

Drop in recreational play for men and women.

Tue/Thu

10 a.m. - Noon

Sound Steps Local Walks

Free

Sound Steps is a free walking program for senior adults! Meet new friends, win prizes, and enjoy the many health benefits of walking. For questions and to register, call Sound Steps Coordinator Mari Becker at 206-684-4664.

Harbor Avenue Walking Group

Regular walking with friends, while enjoying Seattle's natural beauty along the water. Meet at Duwamish Head, 1140 Alki Ave SW.

Tue/Thu 9 – 10 a.m.

High Point Walking Group

Walking is fun when you do it with friends and neighbors! Meet at the High Point Library lobby, 3411 S.W. Raymond. Time to check out books when you're done.

Wednesdays 10:30 – 11:30 a.m.

Mall Walking

Join the Sound Steppers walking at the South Center mall or on those nice days the Westwood Village mall. Transportation is provided. Pick up site is the parking lot behind the West Seattle Senior Center. Please call 684-4664 to reserve your spot. Instructor: Nancy Swigger

Fridays

8:30 – 11:30 a.m.

Bridge Free

A drop-in program for this popular card game for experienced players. Please note: no bridge the week of April 3 due to building closure.

Mondays 10:30 a.m. – 2 p.m. Southwest CC Wednesdays 10:30 a.m. – 2:30 p.m. Southwest CC

Mixed Media Art Free

Print making, paper making, and collage. Put your hands to work and have fun. This class introduces several exciting hand printing techniques, easy to do with out a press. First classes explore watercolor, monoprints and relief printing with easy cut and easily carved rubber material. In remaining classes students create paste paper and use paper from earlier printing experiences to create collage and mixed media projects. No experience in print making or collage necessary. This is provided free of charge by Seniors Making Art fund. Call 935-2162 to register. Instructor: Rickie Wolfe

Tue: Apr 25 – Jun 13

10 a.m. - Noon

Location: Alki Bathhouse

Senior Adult Field Trips

Computer Classes

Free

Computer training and access at the Westwood Heights Tech. Center located at 9455 27th Ave SW. Call Jacque to register: 932-6942 x16.

Instructor: Jacque Cook

Open Access

Do your own thing. *Please call to confirm times.

Mon – Sat

 $10:30 \text{ a.m.} - 2 \text{ p.m.}^*$

Computer Knowledge Shared

Tuesdays

10 - 11 a.m.

Beginning Computers

Learn the basics, e-mail, and the web.

Mon – Wed

10 - 11:30 a.m.

Angel of the Winds Casino

\$8

Off to Arlington for a day of adventure at games of chance. Lunch on your own.

Fri, Apr 14 9:30 a.m. – 3:30 p.m. Reg. Apr 4

Neighborhood Visits

\$5

When was the last time you wondered through Fremont? How about Broadway? We will visit both and take in the sites. Lunch on your own.

Fri, Apr 21 10 a.m. – 3:30 p.m. Reg. Apr 6

Chocolate Flower Farm

\$16

A specialty nursery in Langley offering extensive collection of "chocolate" (dark colored) and rare perennials. Time in Langley. Lunch on your own.

Thu, Apr 27 9:30 a.m. – 5 p.m. Reg. Apr 13

Seattle Rep: Tuesdays with Morrie

Tuesdays with Morrie. A retired professor suffering from Lou Gehrigs disease spends his Tuesdays with a former student. They discuss life, love, community, work, family, forgiveness, and the meaning of death.

Reg. Apr 11 Wed, May 3 1 - 4:30 p.m.

Wenatchee Apple Blossom \$35

Comfort of a chartered motor coach. This annual event includes parade, entertainment, food, arts/ crafts, and more. Lunch on your own.

Sat, May 6 8 a.m. - 7 p.m.Reg. Apr 7

Leavenworth Maifest

\$29

Parade Day! Maifest will take you back in time. It encompasses history complete with 16th century costumes, dancing, eating, and shopping. This is a Chartered Bus ride. Lunch on your own.

Sat, May 138:30 a.m. – 6:30 p.m. Reg. Apr 20

Shellfish/LaConner

Tour the Taylor shellfish operation on Chuckanut Drive then to LaConner for looking and lunch (on your own).

Fri, May 19 9:30 a.m. - 5 p.m. Reg. May 4

Meeker Days

\$6

Big street fair in Puyallup. Includes farmers market, craft booths, antique shops, entertainment, food, car show, and more.

Sun, Jun 11 9:30 a.m. – 3 p.m. Reg. May 25

PowellsWood: A Northwest Garden

Includes a total of 40 acres, most left in native state. Three acres is graced with 1,000 varieties of trees, flowering shrubs/plants, stream, pond, shade garden, and arbor. \$5 garden tour fee and lunch on your own.

Fri, Jun 16 9:30 a.m. – 3:30 p.m. Reg. Jun 1

Trip Registration Information

- Payment must be received 5 working days prior to departure.
- Make checks payable to: Senior Adult Advisory Council ("SAAC")
- Mail checks to: Senior Programs, Attn: Mary, 8061 Densmore Ave. N, Seattle, WA 98103-4436

Note: Trip times/costs/destinations are subject to change. All trips — lunch on your own.

Trip Registration: Register by calling 206-935-2162 on or after the date and time listed for each trip. Van pickup from Southwest CC.

Southwest Pool Daily Schedule Spring 2006: 4/1 - 6/25

Mondays & Wednesdays

6:00 – 7:30 a.m.	Early Morning Lap Swim
Noon – 1:30 p.m.	Adult & Senior Swim
1:30 - 2:00	Adult Lessons
2:00 – 2:30 (Mon)	Home School Lessons
3:00 – 4:00	Private Lessons
3:00 - 4:00	Lap Swim
4:00 - 5:30	Swim Lessons
5:30 - 6:30	Lap Swim
5:30 - 6:30	Masters Workout
6:30 - 7:30	Swim Lessons
6:30 – 7:15 (Wed)	Springboard Diving
7:30 – 8:15	Hydro-Fit (deep end)
7:30 - 8:30	Shallow End
	Public Swim

Tuesdays & Thursdays

rucodayo cc	Indibadys
Noon – 1:30 p.m.	Adult & Senior Swim
1:30 - 2:30	Senior Adult
	Water Exercise
2:45 - 3:45	Denny ASAP
4:00 - 6:00	Private Lessons
4:15 – 5:00	Competitive Stroke Class
4:30 - 5:00	Three Year Old Lessons
5:00 - 6:00	Lap Swim
6:00 - 7:30	Swim Lessons
7:30 - 8:30	Public Swim
8:30 – 9:15	Hydro-Fit (deep end)
8:30 – 9:15	Adult Water Aerobics
	(shallow end)

¹Admission to EMLS by swim ticket only. This can be purchased during regular business hours or in the morning with a check only.



Pool Closed

Memorial Day 5/29

Fridays

6:00 – 7:30 a.m.	Early Morning Lap Swim ¹
Noon – 1:30 p.m.	Adult & Senior Swim
1:30 - 2:30	Family/Lap Swim
3:00 - 4:00	Lap Świm
4:30 - 5:30	Public Swim
5:30 – 7:00	Lap Swim
6:00 - 7:00	Masters Workout
7:00 - 8:00	Family Swim
8:00 - 10:00	Rentals
	(Call to Schedule)

Saturdays

9:30 – 10:30 a.m.	Lap Swim
9:30 - 10:30	Youth Fitness Workout
10:30 - 11:00	Private Lessons
10:30 – Noon	Swim Lessons
Noon – 1:00 p.m.	Lap Swim
Noon – 1:00	Triathlete Training
1:00 - 2:00	Public Swim
2:00 - 10:00	Rentals
	(Call to Schedule)

Sundays

11:00 - 12:30 p.m.	Adult & Senior Swim
12:30 – 2:00	Swim Lessons
2:00 - 3:00	Family Swim
3:00 - 4:00	Special Pops Lessons
4:00 - 5:00	Public Swim
5:00 - 6:00	Lap Swim
6:00 - 10:00	Rentals
	(Call to Schedule)

Facility Fees & Charges

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Youth (1 – 17)	\$2.75
Adult (18 – 64)	\$3.75
Senior Adult (65+)	\$2.75
Special Populations	\$2.75
Masters Workout	\$4.75
Water Aerobics	\$4.75
Hydro-Fit/Aqua Jog	\$4.75
Sr. Adult Water Aerobics	\$3.00
Non-Recreation Spa,	
Weights, Sauna Use	\$3.75
Recreation Pass (Save \$2)	\$20.00
Fitness Pass (Save \$3)	\$30.00
Water Equipment Rental	\$1.50
Showers	\$3.75

Southwest Pool offers a comprehensive swim lesson program. Call (206) 684-7440 for class information and registration dates.

Southwest Pool Recreational & Fitness Programs

Adult/Senior Adult Swim

A recreational swim period for adults 19 years and over. Fast, medium, and easy lanes available for fitness swimming. **Please note:** all lanes will be in during busy times.

Monday – Friday Noon – 1:30 p.m. Sunday 11 a.m. – 12:30 p.m.

Lap Swim

This program is designed for the serious swimmer as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels.

0 1	
$M/W/F^*$	6:00 - 7:30 a.m.
M/W/F	3:00 - 4:00 p.m.
M/W	5:30 - 6:30 p.m.
T/TH	5:00 – 6:00 p.m.
Friday	1:30 - 2:30 p.m.
Friday	5:30 - 7:00 p.m.
Saturday	9:30 - 10:30 a.m.
Saturday	Noon - 1:00 p.m.
Sunday	5:00 – 6:00 p.m.

^{*}Admission to EMLS by swim ticket only.

Public Swim

This is a recreational time for all ages. You may bring yor clean masks, fins, snorkels, life preservers, and water wings to use.

Monday – Thursday	7:30 – 8:30 p₊m.
(Mon. & Wed. eves are shal	llow end only.)
Friday	4:30 – 5:30 p.m.

Friday	4:30 – 5:30 p.m.
Saturday	1:00 - 2:00 p.m.
Sunday	4:00 - 5:00 p.m.

Family Float Swim

The family float swim is a recreational time for the family. A parent/guardian must accompany youth under 18 yrs. in the water.

Friday	1:30 - 2:30 p.m.
Friday	7:00 - 8:00 p.m.
Sunday	2:00 - 3:00 p.m.

This 45-minute program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end. No swimming ability required.

Tuesday & Thursday 8:30 – 9:15 p.m. Class Fee: \$4.75 Adults/\$3.00 Seniors

Adult Hydro-Fit

Hydro-Fit is a 45-minute deep-water, non-impact, adult execise program. The use of specially-designed buoyancy and resistance apparatus provide a demanding workout for the whole body. Some deep water swimming ability required.

Monday & Wednesday 7:30 – 8:15 p.m. Tuesday & Thursday 8:30 – 9:15 p.m. Class Fee: \$4.75 Adults/\$3.00 Seniors

Senior Adult Water Exercise

This shallow-end program provides a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular systems. No swimming ability required.

Tuesday & Thursday 1:30 – 2:15 p.m. Class Fee: \$4.75 Adults/\$3.00 Seniors

Masters Workout

An experienced coach supervises an interval



workout of 2300 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time.

Monday & Wednesday 5:30 – 6:30 p.m. Friday 6:00 – 7:00 p.m.

Class Fee: \$4.75 Adults

Adult Water Aerobics

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Southwest Facility Rentals

For more information about rentals, please view our facility rental brochure at www.seattle.gov/parks/reservations/Facrentalguide.htm.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

You can make a difference!

The Southwest Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Southwest Advisory Council is always looking for new members. Meetings are held from 7 to 8:30 p.m. on the second Thursday of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff at 206-684-7438.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at *www.seattle.gov/parks*, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for more information about programs for special populations, please call 206-684-4950.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Seattle Parks And Recreation Program Registration Form in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.

Registration Procedures:

- 1. Please complete registration form entirely.
- 2. Payment MUST accompany registration.

Family Information	1: (Plea	ise complete fo	r the adult who is financial	lly responsible	for the family	y account.)			
(ADULT) Name:								Sex: Male Fo	
Las	it		First		MI			(Circl	le One)
(ADULT) Birthdate:	/ n	/ nm/dd/yyyy	Email Address	s:					
Street Address:				City:		State	e: _ ZIP: _		_
Phone - eve: ()_			day: ()		_ oth	er: ()		-
Family Emergency Conta						Delete			_
☐ PARTICIPANT inf		Name rs from abov	ve. How does it differ?	Phone		Relation			
PARTICIPANT	M/F	BIRTHDATE	COURSE TITLE					AMOUNT	- ——
(please print full name)		(mm/dd/yyyy)	(Non-Day Camp Activities ONLY)	DATE(S)	HOICE START TIME	ALTE DATE(S)	START TIME		
							<u> </u>	\$	
								\$	
								\$	
								\$	
*Acceptance of this request do	es not guo	arantee enrollmen	nt into a class (see back for mor	re information).	L	7	OTAL	\$	
How would you lik Person making payment			for proper refunding)	_				SE INCLUE	DE
Cash (Please do not s		sh through the	mail.)	Staff Use Only Authorization	ion (Ref#)				
☐ Check or Money Or				Authorization	on (nem)		. _		
For	sa 🗌		Mastercard	Ш			rican Expres	S	
only			Expire	es:					
	ars on c	.ard:							
Signature:									
ASSUMPTION OF RIS in the program(s) listed a of Seattle, Seattle Parks a program, responsible for	above be and Recr	eing conducte reation, Seattl	ed or co-sponsored by S le Parks and Recreation's	Seattle Parks 's employees,	and Recreat , Advisory C	tion and dec Council, or a	clare that I vany voluntee	will not hold t	the City
Signed:						Date: _			
					For Offi	ice Use Only	:		
					1.0.	,			

Facility Rentals — Hold Your Special Event Here!

Large Meeting Room

\$45/hr

This large room is a great spot for banquets, weddings, receptions, graduations, birtthdays, or any other occasion. The room is bright and spacious with lots of potential!

Large Kitchen

\$35/hr

This beautiful kitchen has plenty of surfaces for preparations and commercial grade appliances. Chef it up!

Small and Medium Meeting Rooms

\$25-\$35/hr

These rooms are perfect for meetings of 20 to 40 people. Small classes, company meetings, religious groups, and others have all enjoyed these spaces.

Gymnasium

\$25/hr*

Our full-size gymnasium is available for your sporting needs. Bring your basketball or soccer club to practice inside!

*Non-athletic use of gymnasium

\$100/hr

Damage Deposit*: No Alcohol

\$250

A damage deposit is taken for large events. The deposit is fully refundable as long as no damage has occurred and the space is left clean.

Damage Deposit*: With Alcohol \$560

This deposit includes a \$60 non-refundable alcohol fee. The rest of the deposit is fully refundable as long as no damage has occurred and space is left clean. Please note: alcohol use requires manager approval. New City policy requires renters to obtain insurance for all retnals where alcohol is served. Please contact SWCC for details.

Booking Fee

\$15

There is a one-time booking fee for all reservations.

Staff Fees

\$17/hr

If your rental occurs outside normal operating hours or on Saturday, you will be charged a staffing fee. Rental staff are also paid for ½ hour before and ½ hour (1 hour total) after the event.

*Credit card deposits can be refunded at the end of your event; check and cash deposits take 3 to 4 weeks.









WEDDINGS AND RECEPTIONS BANQUETS
BOARD MEETINGS CHURCH GROUPS

JAZZERCISE/FITNESS PROGRAMS BOOK CLUBS
BIRTHDAY/ANNIVERSARY PARTIES SEMINARS
TRAININGS/CLASSES SPORTS PRACTICES
TOURNAMENTS AUCTIONS FUNDRAISERS